

# SOUTH DAKOTA NATIONAL GUARD

## SERVICE MEMBER & FAMILY SUPPORT



### Annual Briefing



“ We will **RISE** to (Refer, Inform Serve, Educate) Military Members and their Families ”

# FAMILY READINESS GROUP LEAD VOLUNTEER

◉ My name is \_\_\_\_\_

- Phone Number

- Email:

- This slide and information is optional

- Can change to reflect Unit commander or 1SG or can include all three contact information- (whoever is doing the brief)



# WHAT IS OUR UNIT'S FAMILY READINESS GROUP?

- ◉ It is the Commander's tool to provide Families connection to the unit and each other
- ◉ Done in partnership with Service, Family and community members, volunteers, and civilian employers
- ◉ To develop strong and resilient Families
- ◉ That can support separations due to drill weekends, deployments, annual training, State Active Duty, and military schools





# THE FAMILY READINESS GROUP MISSION?

- ◉ The FRG mission is to assist Commanders in maintaining the readiness of Service Members and their Families
- ◉ Done By:
  - Building information networks for unit Families
    - Telephone Trees
    - Email and mailing lists
  - Getting to know other unit Families
    - Christmas Parties, Family Picnics, Resiliency Classes
  - Educating and informing unit Families
    - About benefits, programs, resources
    - Unit's mission
  - Helping to provide Kid's connection to the unit
  - Does your FRG have your Family's contact information?

"FRG - NOT Just For Deployment - Preparing Military Families for Life"



# WHY BELONG TO YOUR UNIT'S FAMILY READINESS GROUP?

- ◉ To Gain information about the military
- ◉ To Learn about your service member's unit and their military job
- ◉ To Become informed and connected to resources
- ◉ To Learn about military benefits available right now
- ◉ To Get official news about the unit
- ◉ To Gain mutual emotional & physical support from other unit Families (common bond)
- ◉ To Be ready as a Family for Life
- ◉ To Make new friends
- ◉ To Have fun

"FRG - NOT Just For Deployment - Preparing Military Families for Life"



# READINESS - DO THIS NOW!

- Give YOUR Family Readiness Group YOUR current Family Member Contact information
  - For Family Member Telephone Trees, mailing and email lists
- Update Wills/power of attorneys
- Update Joint accounts / accounts
- Share Computer passwords -
  - Military Pay - <https://mypay.dfas.mil/mypay.aspx>
- Update Emergency Data Card (Military members) - (DD93)
- Update Information on life insurance (Service member's Group Life Insurance)
- Share location for water shut offs, fuse box, septic systems & financial information
- Develop and share Business / Job Care Plans for periods of training, deployments, military schools



# READINESS - DO THIS NOW!

## ■ Individual Responsibility

- Keep your Family informed
- Keep your employer informed
- Encourage your Family to participate in unit events
- Inform them of your training dates
- Share your unit newsletter
- Include/involve your Family
- Ensure they understand benefits available
- Provide them with emergency notification process when at training
- Do a Family Care Plan with JAG (legal) assistance (if necessary)
- Do a Business / Job Plan (if necessary)



# READINESS - DO THIS NOW!

- Single Service members - have you considered?
  - Who will make your payments?
  - What will you do with your house/apartment?
  - What will you do with your possessions?
  - Are you in school - what is the school policy regarding military duty?
  - What will you do with your vehicle?
  - What will you do with your pet?
  - Keep your Family informed.
  - Keep your employer informed.

- For support at your Unit -  
Contact your Family Readiness Support Assistant:

Lynn Wright,      Matt Weeg,      Kristin Neuhardt  
605-737-6089      605-357-2970      605-737-6310

Contractors - MPSC



# BENEFITS AVAILABLE

- **Verify DEERS** (Defense Eligibility Enrollment Reporting System)  
Enrollment in DEERS is KEY to the following benefits and entitlements for Families:
- **ID cards** - Do your spouse and children (10 & over) have one?
  - Many businesses give military discounts with an ID card
  - Contact your unit to make an appointment
  - Children of Single Service Members under 10 could be eligible
- **TRICARE** - [www.tricare.mil](http://www.tricare.mil) or 1-877-988-9378
  - TRICARE Reserve Select (Jan 13 - premiums)
    - Service Member monthly premium \$51.68
    - Soldier and Family monthly premium \$204.29

# BENEFITS AVAILABLE

- DEERS Enrollment is KEY to the following benefits and entitlements for Families:
- Military Pay – <https://mypay.dfas.mil/mypay.aspx>
- Service member's Group Life Insurance Family Coverage
  - Provides up to maximum of \$100,000 of insurance coverage for spouses, not to exceed the amount of coverage the insured service member has
  - \$10,000 at no cost for each dependent child
- Order from Army & Air Force Exchange (AAFES) catalog – [www.aafes.com](http://www.aafes.com) - no sales tax (online)

# BENEFITS AVAILABLE

- Armed Forces Recreation Centers - reduced cost vacations
  - Available Worldwide
  - Cost based on rank
  - [www.govarm.com](http://www.govarm.com)
  - [www.afvclub.com](http://www.afvclub.com)
  - [www.shadesofgreen.org](http://www.shadesofgreen.org)
  - [www.armymwr.com](http://www.armymwr.com)
  - [www.armedforces.com](http://www.armedforces.com)
  - [www.military.com](http://www.military.com)
  - [www.halekoa.com](http://www.halekoa.com) (1-800-367-6027)
  - [www.herosalute.com](http://www.herosalute.com)
- Commissary (military grocery store) - [www.commissaries.com](http://www.commissaries.com)
  - Unlimited Access
  - Big savings
  - No tax

# BENEFITS AVAILABLE

- Simple Wills, Power of Attorneys, Family Care Plans
  - Accomplished through state JAG (Judge Advocate General) Office
  - Free of charge
  - Do request through your unit - Chain of Command

# FAMILY ASSISTANCE



- Family Assistance Centers provide information, service and support to Service Members, Veterans and their Families through Six Essential Services.

- *Crisis Intervention & Referral*
- *Legal Resource & Referral*
- *Financial Resource & Referral*
- *TRICARE Resource & Referral*
- *ID Cards & DEERS (Defense Eligibility Enrollment Reporting System)*
- *Community Information & Outreach*

**1.800.658.3930**

“Empowering Military Families”

# FAMILY ASSISTANCE

- The Easy Button!
- Free & Confidential
- Information, Assistance & Referral



1.800.658.3930

- Sheri Bartunek - Coordinator
  - [sherlyn.j.bartunek.ctr@mail.mil](mailto:sherlyn.j.bartunek.ctr@mail.mil)
- Kim Chase - Specialist -Brookings
  - [kimberly.k.chase.ctr@mail.mil](mailto:kimberly.k.chase.ctr@mail.mil)
- Rachel VanderZee - Specialist - Sioux Falls
  - [rachel.vanderzee.ctr@ang.af.mil](mailto:rachel.vanderzee.ctr@ang.af.mil)
- Corinne Mahlen - Specialist - Watertown
  - [corinne.m.mahlen.ctr@mail.mil](mailto:corinne.m.mahlen.ctr@mail.mil)
- Kaylie Sterud - Specialist - Rapid City
  - [kaylie.m.sterud.ctr@mail.mil](mailto:kaylie.m.sterud.ctr@mail.mil)
- Emily Soulek - Specialist - Pierre/Mitchell
  - [emily.r.soulek.ctr@mail.mil](mailto:emily.r.soulek.ctr@mail.mil)

Contractors - HRCI

"Empowering Military Families"

# SOUTH DAKOTA NATIONAL GUARD CHILD & YOUTH PROGRAM

Developing and implementing programs and activities designed to promote leadership, character development, build confidence and resilience, and connection with others:

- Deployment and Reunion Trainings
- Youth & Teen Camps, Retreats, and Symposiums
- SDNG Youth Council
- Newsletters
- Information and Resources
- Operation Military Kids
- **CONTACT:** Contractors – Cognitive Professional Services
- Youth – Taryn Broomfield - 605-737-6919 / 605-377-8244
- Youth – Candice Twinnereim - 605-882-9376 / 605-787-3312



"Connecting Military Youth – Preparing Them for Life"

# DEPARTMENT OF DEFENSE MILITARY & FAMILY LIFE CONSULTANTS (MFLC)

- Military & Family Life Consultant Program established to provide non-medical, short term, problem solving counseling services
  - Address issues that help Service Members and their Families cope with normal reactions to stress and challenges of military life
  - Services are FREE and CONFIDENTIAL



"Building Strong and Resilient Military Families"



**DEPARTMENT OF DEFENSE  
MILITARY & FAMILY LIFE CONSULTANTS  
ALSO AVAILABLE TO:**

Conduct "Prevention Through Education"  
Classes at the Unit or Family Readiness  
Group Meetings

Some topics are:

- Stress Reduction
- Parent Education
- Family Dynamics
- Child and Youth Education
- Deployment and Reunion

"Building Strong and Resilient Military Families"

# DEPARTMENT OF DEFENSE MILITARY & FAMILY LIFE CONSULTANTS CONTACT:

## ◎ Renee Oler

- Military & Family Life Counselor
- Rapid City
- Phone: (605) 393-5953

## ◎ Amy LaBay

- Child and Youth Behavioral - Military & Family Life Counselor
- Watertown
- Phone: (605) 660-5636

Contractors

“Building Strong and Resilient Military Families”

# MILITARY ONE SOURCE



■ <http://www.militaryonesource.com>

or call - 800-342-9647

- All services available at NO COST to you and your Family and are CONFIDENTIAL
- Newsletters, articles, worksheets, and online libraries are available AT NO COST
- Can help to locate child care, summer camps, mechanics, etc in your local area at NO COST
- Financial Information and Income Tax Services AT NO COST
- Up to 12 private in person, telephonic or online counseling sessions in your local area. (Can utilize this service more than once for different issues) at NO COST
  - POC: Todd Otterberg - 605-737-6292  
Contractor - Value Options

“Building Strong and Resilient Military Families”



# EMPLOYER SUPPORT OF THE GUARD & RESERVE

- ◉ Employer Recognition of outstanding support
- ◉ Assistance with employment issues and your military service
- ◉ Employment Transition Assistance
  - Job Search Assistance
  - Hero2Hired - [www.h2h.jobs](http://www.h2h.jobs)
  - Resume writing assistance
  - Interview preparation
  - **ESGR - MAJ Lona Christensen**  
605-737-6540/605-431-5424
  - **Employment Transition Coordinator - Contractor IIF Data Solutions**  
Dan Popowski-605-357-2913/605-695-9742

CONTACT!

“Educating and Recognizing Employers”



# TRANSITION ASSISTANCE ADVISOR

- Assist Service Members, Veterans and Family Members in accessing benefits and services
- Provide outreach to veterans of other service branches
- Establish coalitions with all organizations that involve veterans to build a network for helping Veterans
- Advocate and coordinate for entitlements through:
  - VA
  - Veteran Service Organizations
  - Community resources
  - POC: Dr. Bill Meirose - 605-737-6669
    - Contractor - Skyline Ultd Inc.

"Guiding Service Members into the Future"

# SUICIDE PREVENTION PROGRAM

- Promoting the development of positive life-coping skills
- Encouraging help seeking behavior
- Raising awareness of and vigilance toward suicide prevention
- Synchronizing, integrating, and managing the Army Suicide Prevention Program
- Conducting suicide surveillance
  - POC: Staff Sergeant Michael Strang- 605-737-6949

“Shoulder to Shoulder: Standing Ready and Resilient”

# MILITARY FUNERAL HONORS

- Mission: To render professional military funeral honors, in accordance with service tradition, to all eligible veterans when requested by an authorized family member



## MFH POCs:

- Robert Sack - HRCI Contractor (605-737-6927)
- Master Sergeant Mary Mallow (605-737-6945)

“Honoring Those Who Served”

# DEPARTMENT OF DEFENSE YELLOW RIBBON REINTEGRATION PROGRAM

- All National Guard units are required to hold Yellow Ribbon events and activities for Service members and their Families/Designated Other
  - Events are held During the deployment cycle for Families/Designated Other
  - Provide specific information on benefits, services, and resources that are available during and after deployment
  - Attendance by Soldiers is mandatory
  - Soldiers are encouraged to bring their Families/Designated Other



“Preparing Military Families”



# YELLOW RIBBON EVENTS

- ◉ Pre-Mobilization - 30 to 45 days prior to deployment
  - For Service members and their Families/Designated Other
  
- ◉ During Mobilization
- Sustainment Events - 30 to 60 days after deployment has started
  - For Families/Designated Other
  
- Reunion Event - 30 to 60 days prior to unit's return from deployment
  - For Families/Designated Other

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# YELLOW RIBBON EVENTS

- 30 Day Reintegration Event after Unit's return
  - For Service members and their Families/Designated Other
- ◉ 60 Day Awareness and Well Being Event after Unit's return
  - For Service members and their Families/Designated Other
- ◉ 90 Day Post Deployment Health Re-Assessment after Unit's return
  - For Service members only- First initial drill back

**POC:** Sergeant First Class Penny Dickes -  
Yellow Ribbon Program Manager  
605-737-6947/ 605-787-3316

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# STRONG BONDS EVENTS...

## ***STRONG RELATIONSHIPS MEAN A STRONG GUARD!***

***SPONSORED AND CONDUCTED BY THE CHAPLAINS CORPS***



- Lodging and majority of meals are free!
- Service members can attend in drill status
  - Unit determines
- For More Information - go to Strong Bonds website
  - <http://www.strongbonds.org>
- To register
  - Call 605.737.6658
  - Chaplain Support - Lieutenant Colonel Lynn Wilson
    - 605-737-6009

"Helping Military Families to Build Stronger Relationships"



# **STRONG BONDS EVENTS**

**9 NOV 2013 - 1742<sup>nd</sup> in Sioux Falls, SD**

**Strong Bonds for the Unit**

**NOTE: Units may request their own Strong Bonds  
Contact the Chaplain's Office**

**18-19 JAN 2014 in Rapid City, SD**

**PREP (prevention & relationship enhancement)**

**For Married Couples**

**AND**

**GYB (Got Your Back)**

**For Single Soldiers**

**8 FEB 2014 in Pierre, SD**

**Strong Bonds for Leaders (introduction)**

**"Helping Military Families to Build Stronger Relationships"**



# **STRONG BONDS EVENTS**

**29-30 MAR 2014 in Sioux Falls, SD**

**Laugh Your Way to a Better Marriage (for Married)**

"Laugh Your Way" author Mark Gungor's candid and comedic approach.  
[www.laughyourway.com](http://www.laughyourway.com)

**AND**

**7 Habits of Highly Effective Teens (for Teenagers)**

**19-20 JUL 2014 Chamberlain, SD**

**Laugh Your Way to a Better Marriage  
For Married Couples**

**AND**

**PICK (Pre-marital Interpersonal Choices and Knowledge)  
For Single Soldiers**

**9-10 AUG 2014 Sioux Falls, SD**

**GYB (Got Your Back)  
For Single Soldiers**

**"Helping Military Families to Build Stronger Relationships"**

# SERVICE MEMBER & FAMILY SUPPORT

- Director,  
Service Member and Family Support
- Lieutenant Colonel Bryan Jacobson
  - 605-737-6728 / 605-415-3131
- Deputy Director,  
Service Member and Family Support
- Major Tracy Heiser
  - 605-737-6206 / 605-391-2724

How can WE help YOU?

“ We will **RISE** to (Refer, Inform Serve, Educate) Military Members and their Families ”

# SERVICE MEMBER & FAMILY SUPPORT

- “Our Goal is to prepare and equip military Families with the skills and tools to successfully meet the challenges of military life.”

“Becoming Family Ready  
and staying Family Strong”



“ We will **RISE** to (Refer, Inform Serve, Educate) Military Members and their Families ”

# SOUTH DAKOTA NATIONAL GUARD SERVICE MEMBER & FAMILY SUPPORT



Call 1-800-658-3930

# Questions

# Thank You!

UPDATED 1/2014

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